



Kingsport Senior Center News

January 2014

Volume XXII Edition 1

**1200 East Center Street
Kingsport, Tennessee 37660**

"Stretch Your Dollar Fair"

**Tuesday, January 21, 2014
9:30a.m.-11:30a.m.
FREE**



Cooking on a dime— Lounge

How to save coupons to value card— Computer Lab

Comparing brands— Computer lab

Adjusting your budget after retirement— Card Room

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Hannah Baker
hannahbaker@kingsporttn.gov
765-9047

Nutrition Site Manager ~ Sona Bingham
246-8060

The Senior Center will be closed Wednesday, January 1, 2014 for New Year's holiday and Monday, January 20, 2014 for Martin Luther King Day.

WELLNESS

Basic Woodworking Class

Howard Osborne will be teaching a Basic Woodworking Class for 6 weeks on Tuesday and Thursday from 9:00 am to 11:00 am starting **January 7, 2014 - February 13, 2014** in the Woodshop. Cost is \$50.00, sign up in the office. Materials needed will be determined on the first day of class. There will be 3-4 wood projects created in class, and must have a minimum of 4 sign up for class to be held.

Tennessee Lady Vols Basketball

Come join us as we travel to Knoxville on **Sunday, February 16, 2014** for the Lady Vols vs. Kentucky, (**LIVE PINK, BLEED ORANGE GAME**). This game we will be seated in **Section 130**. Cost is \$38.50, which includes your ticket and transportation. We will depart the Senior Center at 10:30 am and return around 5:30 pm. **Note:** Be sure to eat a good breakfast, since this game is at 1:00 pm we will be heading back home after the game; or you may want to pack a snack for the ride home. We have 45 tickets available and a (2) ticket limit per person, sign up begins **Wednesday, January 8, 2014, so mark your calendar!**

Tennessee Men’s Basketball

Come join us as we travel to Knoxville on **Saturday, March 1, 2014** for the TN Vols Men vs. Vanderbilt. Cost is \$26.00, which includes your ticket and transportation. We will depart the Senior Center at 9:30 am and return around 4:30 pm. **Note:** Be sure to eat a good breakfast, since this game is at 12:00 noon we will be heading back home after the game; or you may want to pack a snack for the ride home. We have 45 tickets available and a (2) ticket limit per person, sign up begins **Wednesday, February 5, 2014, so mark your calendar!**

TOURNAMENTS

Corn Hole Toss Tournament: Come join us for a corn hole toss tournament on **Friday, February 7, 2014** at 12:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. **Deadline for sign-up is February 04, 2014.**

Humor Quote of the Month

Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing.

~William James

Wellness Seminar

Age of Champions: Dr. Rae Godsey, Regional Medical Director/ Senior Products East Region for Humana will be at the Senior Center on **Tuesday, January 21, 2014** at 12:30 pm in the Theater. Topic of discussion will be: “Age of Champions” . This is the inspiring story of five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You’ll meet a 100 year-old tennis champion, 86 year-old pole vaulter, and rough-and-tumble basketball grandmothers as they triumph over the limitations of age. When one athlete loses a spouse and another is diagnosed with cancer, they’ve got to dig even deeper to make their Olympic dreams come true.

The film is endorsed by the National Council on Aging, Gerontology Society of America, and Association for Gerontology in Higher Education and is a perfect complement for courses in aging, health, fitness, psychology, kinesiology, and nursing.

LUNCH & LEARN

Home Away From Home: Suzy Cloyd, Community Relations Director with Emeritus at Remington House will be at the Senior Center on **Wednesday, January 22, 2014** in the Card Room. Topic of discussion will be: “Home Away From Home, Myths and Other Truths about Senior Assisted Living Communities”: The face of senior living has changed greatly over the past century. One could say it has had a face lift. Longevity, comfort, and care for seniors has changed as well. What we once referred to as “old folks home, nursing home, or retirement home” as the only choices for senior care has long since changed. The new senior living trend is widely known and celebrated as “Premier Assisted Living Communities”. All the luxuries of home, without the upkeep, yard work, cooking, cleaning, laundry, and the aches and pains that go with it. Most seniors are finding out that “home” actually can be, away from home.

Seniors do not want to find themselves staring at four walls day in and day out. Most do not want to mow yards, clean out gutters, wash windows and fold laundry, when they can be engaged in thoughtful events, activities, dining experiences, spiritual growth, and so much more.

The ‘home away from home’ for up and coming seniors is premier assisted living communities. Communities with large studio apartments, walk in closets, spacious bathrooms, living rooms and bedrooms, chef-prepared meals, and much more to live for, with the bonus of on-site medical care, at the push of a button and the peace of mind knowing your loved ones are safe.....

This is an event you will not want to miss, so mark your calendar and plan to attend! You must reserve a seat to attend. Sign up in the Office, there is a limit of 40 seats available.

45: Average number of times in an hour people touched their eyes, mouth, or nose-all entry points for infection.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)
Open Woodshop ~ 9:00
Quilting ~ 9:00 ~ Room 303
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basketweaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Belly Dancing ~ 1:00 ~ Room 302
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15 a.m.
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
High Impact Aerobics ~ 9:15 ~ Gym
Lap Swimming ~ 10:00-Noon ~ Aquatics Center
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

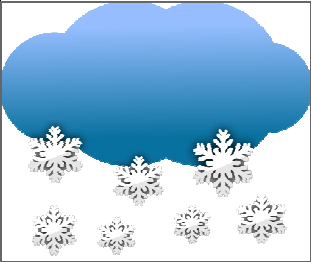
Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym

***Look for a new program coming soon on Tuesday's and Thursday's at 12:30.**

Kingsport Senior Center Inclement Weather Policy

The Kingsport Senior Center will follow the Kingsport City School schedule for inclement weather.

This means if a snow schedule occurs the center will delay their opening or if the schools are closed for inclement weather the center will be closed for **ALL** activities. In the event of ice or snow occurring during the day, the center reserves the right to close early.



TRAVEL AND SPECIAL EVENTS	
<p><u>Cooking with Tracy</u></p> <p>Monday, February 10, 2014 12:30p.m.-2:00p.m. Lounge Cost: \$2.00 paid to instructor</p> <p>Instructor: Tracy Laws</p> <p>Limited to 10 participants</p> <p>Sign up begins January 13.</p>	<p><u>Sewing Machine Quilting</u></p> <p>Every Monday for 6 weeks January 27, 2014– March 7, 2014</p> <p>11:00a.m.-12:30p.m. Room 303 Cost: \$40.00 for Senior Center members \$50.00 for non members</p> <p>Instructor: John Plutchak</p> <p>Minimum of 3, Maximum of 8 people</p> <p>Experience the joys of Quilting by Machine. We'll explore sandwiching, Basting Grid Quilting, Ditch quilting, Free motion quilting and binding.</p> <p>You'll need: A sewing machine in working order and know how to use it. Basic sewing supplies; scissors, pin, thread, etc Small quilt top or piece of "cheater" cloth Batting and backing larger than top Walking foot Darning foot (free motion foot, hopping foot) Extension table</p> <p>Sign up now!</p>
<p><u>Mark Larkins Performs</u></p> <p>Friday, January 31, 2014 12:00p.m.-12:40p.m. Cafeteria FREE Enjoy beach music and think of warmer days!</p>	
<p><u>Making Valentine's Day Cards w/ Girl Scouts</u></p> <p>Thursday, February 6, 2014 5:00p.m.-7:00p.m. Cafeteria FREE</p> <p>Refreshments and cards supplied by troop.</p> <p>Girl Scout Troop (5-10 year olds)</p> <p>Sign up begins January 6.</p>	<p><u>AARP SAFE DRIVING</u></p> <p>Wednesday, February 19 and Thursday February 20, 2014. 9:00a.m.-1:00p.m. Room 230 Cost: \$15 for members; \$20 non-members</p> <p>Sign up begins January 17.</p>

TRAVEL AND SPECIAL EVENTS

OTLB: Farmer’s Daughter

Friday, February 7, 2014
10:45a.m.-2:30p.m.
Chuckey, TN

Cost: \$8.00 for bus and bring \$13.67
(cash only) day of trip.

Time included for shopping at the
Amish Store next door to restaurant.

Sign up begins January 3.

**Wohlfahrt Haus Presents:
Smoke on the Mountain**

Wednesday, February 19, 2014
9:45a.m.-6:00p.m.
Wytheville, VA
Cost: \$45.00 all inclusive

Its 1945, the war is over and the Sanders Family is
back in the third installment of this beloved series.
Dennis, fresh out of seminary, Denise, with her 3-year
-old twins, June, 8 months pregnant, their parents
and Uncle Stanley are all back at Mount Pleasant Bap-
tist Church to witness to the congregation and to give
June and Rev. Oglethorpe a grand send off to their
new Texas church. Whether you’re meeting them for
the first time or you’ve met them before – The Sand-
ers Family will steal your heart and have you in
stitches

Sign up begins January 4.

**Shopping and Lunch
Lights at Stone Mill and Lunch at
Red Lobster**

Thursday, February 27,
2014
10:30a.m.-3:30p.m.
Abingdon, VA

Cost: \$8.00 plus Lunch on
your own



Two floors of shopping–
Crafts, vintage, toys, country kitchen, pets,
indoor and outdoor apparel, ect.

Sign up begins January 2.



Wii Bowlers trip to Dallas, TX.

Your Page

From the Dancing Corner

JANUARY DANCE AT THE RENAISSANCE CENTER

The January dance will feature *SHOOTER* band. Come out and welcome this group on FRIDAY evening, JANUARY 10, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

SHOOTER BAND is made up of a three member core that has been playing together for decades. Two brothers, Frank and Wes Perry and their childhood friend, Ken Dugger make up the front three. Add Jack Dunham on Keys and additional vocals and the backbone of the band, Johnny Ball on more vocals and percussion and you have one of the strongest country / rock bands in the East Tennessee Area. Three part harmony is their strongest feature. They will play a varied group of musical selections and genres that should satisfy everyone. Come out and enjoy the music and dancing!

Friends of the Kingsport Senior Center presents

JANUARY

Dance



SHOOTER

★Shooter
Band★

Friday
Jan. 10, 2014
6:30-10 PM

Admission:
\$5.00 / person

Contact:
423 288-2668

Gymnasium, Renaissance Center
1200 E. Center Street, Kingsport, TN

Massage Therapy

Tuesdays with Cheryl Merriken call 423– 791-4222
8:00a.m.-3:00p.m. and
Mondays with Barbara Keescker
call 423 - 735-7475
30 minute massage
Cost: \$15.00
Call to schedule appointment

Eyeglass Recycling

Lions Recycle for Sight– Changing lives, One pair at a time.

How you can help:

If you have used eyeglasses you no longer need, you can donate them now. Lions accept prescription and reading glasses, sunglasses and plastic and metal frames. Children’s glasses are especially needed.

Donate your used glasses in the recycle box in the Senior Center lounge.

Basic Beginning Painting

Friday, January 17, 2014
1:00p.m.-4:00p.m.
Room 303
Cost: \$20.00 paid to instructor day of class
Instructor: Ann Thwaites

Focusing on landscapes
Minimum of 2, Maximum of 10 people
Supply list available at sign-up.

Sign up began December 20.

NEWS TO USE



A Tasty Treat from Marsha

Whitestone Delight Pie

Ingredients:

2-9inch deep dish pie shells-baked
1 stick butter or margarine
1 cup pecans-chopped
2 cups coconut-grated
8 ounces cream cheese– softened
14 ounces sweetened condensed milk
16 ounces whipping cream-whipped
6 ounces caramel topping
6 ounces chocolate syrup

Directions:

Melt butter in skillet and sauté coconut and pecans until lightly browned. Cool. In mixing bowl beat cream cheese and milk until smooth; continue beating as you add whipped cream. Pour 1/4 of cream cheese filling into each pie shell. Top with 1/4 of coconut/pecan mixture. Drizzle well with caramel syrup. Repeat layers. Wrap pie in foil and place in freezer for at least 4-8 hours.

To serve: Remove pies from freezer 15 minutes before serving. Cut each pie into 8 wedges. Drizzle chocolate syrup over pie. Add additional caramel syrup if desired.

Serving size: 16.



Super Bowl Party!

Monday, January 27, 2014
12:30pm-1:30pm
Cafeteria

Cost: Bring your favorite tailgate food

Wear your team colors!!!
Sign up begins January 2.

Computer Class Schedule

Basic Computer (Six weeks)- \$25.00—Tuesday’s Jan. 7, 14, 21, 28 Feb. 4, 11—1:00-3:30pm

Basic Internet (four weeks) - \$25.00– Tues- day’s Feb. 18, 25 Mar. 4, 11 (1:00-3:30pm)

Internet Security (all day course) - \$25.00- Tuesday, March 18– 9:00-11:00am, return from 1:00-3:30pm

How to use your iPhone- \$10.00 paid to instruc- tor– Saturday, January 11, 2014—9:30a.m.- 11:30a.m.– Card Room- Bring your device– Sign up now.

iPad Basics– \$10.00 paid to instructor- Saturday, January 18, 2014– 9:30a.m.-11:30a.m.– Card Room Bring your device– sign up now.

iPad Apps- \$10.00 paid to instructor– Saturday, January 25, 2014– 9:30a.m.-11:30a.m.– Card Room – Bring your device– sign up now.

iPad-Sharing music/pictures- \$10.00 paid to instructor– Saturday, February 1, 2014– 9:30a.m.- 11:30a.m.– Card Room– Bring your device– Sign up now.

iPad as a learning tool; using iTunes and ac- cessing libraries- \$10.00 paid to instructor– Sat- urday, February 8, 2014– 9:30a.m.-11:30a.m.– Card Room– Bring your device– Sign up now.



Computer lab is available when not being used for class.

Genealogy Group , 9:00 am Friday’s

Generations Online Internet Class

Mondays, Wednesdays and Fridays
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

Manicures

Provided by DB Cosmetology students
Tuesday, January 14, 2014
Appointments are 11:30 a.m.—1:30 p.m.
1 Hour appointments
Cost: \$2.00, paid to manicurist
Sign up in the senior center office



KARAOKE
Tuesday, January 21, 2014

Volunteers Wanted

(See Michelle if interested)
Take down Christmas Decorations– Jan 2
Elvis Birthday Party– Jan 7
Super Bowl Party—Jan 27
Stretch Your Dollar Fair - Jan 21
Mark Larkins - Jan 31
Making Valentine Cards with Girl Scouts - Feb 6
Candlelight Dinner - Feb 11
Wrapping utensils
Folding, tabbing and labeling newsletters
Check out the Volunteer Board by the office too
Thank You Volunteers!

Library Book Day

Thursday, January 16, 2014

Winter Session Classes 2014		
<p>Good Neighbors</p> <ul style="list-style-type: none"> • Tuesday and Thursday • Time: 12:15pm • Location: Lounge • Staff • Guest speakers, trips, bingo and fellowship <p>Happy Day Singers</p> <ul style="list-style-type: none"> • Monday • Time: 9:45am • Inspirational singing at nursing homes <p>Jam Session</p> <ul style="list-style-type: none"> • Thursday • Time: 12:30 noon • Location: Cafeteria <p>Karaoke</p> <ul style="list-style-type: none"> • 3rd Tuesday each month • Time: 4:00pm • Location: Cafeteria • Bring a snack <p>Knitting Class</p> <ul style="list-style-type: none"> • Monday • Time: 1:00 - 3:00pm • Location: Room 303 • Instructor: Barbara White • All skill levels <p>Lap Swimming</p> <ul style="list-style-type: none"> • M-F • Time: 10:00am-Noon • Location: Aquatics Center • No instructor, lap swimming • Locker room and warm water pool available for use. 	<p>Machine Quilting</p> <ul style="list-style-type: none"> • Monday (January 27-March 7) • Time: 11:00am-12:30pm • Location: Room 303 • Cost: \$40.00 senior center members, \$50.00 non-members, paid to instructor • Sandwiching, basting grid quilting, ditch quilting, free motion quilting and binding • You'll need: Sewing machine, basic sewing supplies, small quilt top (crib size or smaller) or piece of "cheater cloth" walking foot, darning foot, extension table. <p>Mahjong</p> <ul style="list-style-type: none"> • Friday • Time: 1:30pm • Location: Multipurpose Room • Instructor: Jean Chang <p>Beginners to Advanced players</p> <p>Mini Cardio Exercise Class</p> <ul style="list-style-type: none"> • Tuesday & Thursday • Time: 8:45am - 9:15am • Room: 302 • Instructor: Roger Hixson <p>Piano Lessons</p> <ul style="list-style-type: none"> • Friday's • Time: 9:00am-11:30am • Room: Multipurpose Room • Instructor: Freda Karsnak • Fee: \$15.00 paid to instructor • Call to schedule appointment 423-292-2711 <p>Quilting</p> <ul style="list-style-type: none"> • Monday • Time: 9:00am - 10:30am • Location: Room 303 • Instructor: John Plutchak <p>Renaissance Strings</p> <ul style="list-style-type: none"> • Tuesday • Time: 10:00am - 11:00am • Location: Atrium • Instructors: Lucile Hincke and Jan Fenelon 	<p>SilverSneakers Classic</p> <ul style="list-style-type: none"> • Monday, Wednesday & Friday (ongoing) • Time: 8:15am - 9:00am • Location: Gym • Low Impact Aerobics • Instructor: Terri Bowling <p>Strength Training</p> <ul style="list-style-type: none"> • Monday, Wednesday & Friday • Time: 10:15am - 11:00am • Location: Gym • Instructor: Terri Farthing <p>Strength Training</p> <ul style="list-style-type: none"> • Tuesday, Thursday • Time 9:30am - 10:30am • Location: Gym • Instructor: Kevin Lytle <p>Tai-Chi</p> <ul style="list-style-type: none"> • Monday & Wednesday • Time: 8:30am • Location: Senior center, Room 310 • Instructor: Hang Lei <p>Woodcarving</p> <ul style="list-style-type: none"> • Thursdays • Time: 9:00am - 12:00 noon • Location: Room 303 • Beginners welcome <p>Woodshop</p> <ul style="list-style-type: none"> • Monday, Wednesday, Friday • Time: 9:00am-2:00pm • Location: Woodshop • Volunteer Instructors • Complete woodshop. Safety test Required, given 1st Monday of each month. <p>Zumba</p> <ul style="list-style-type: none"> • Tuesday and Thursday • Time: 8:15am • Location: Gym • Instructor: Terri Bowling

Winter Session Classes 2014

Classes begin week of January 6, 2014—week of March 24, 2014, unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Basic Photography

- Tuesday, Thursday
- January 14-January 28, 2014
- Time: 3:00pm-5:00pm
- Room 230
- Instructor: Claude Kelly
- Sign up in office

Ballroom Video Class

- Tuesday
 - Time: 4:30pm - 6:30pm
 - Room 302
- No instructor, practice to own

Basic Woodworking

- Tuesday / Thursday
- New class will be January 7—February 13
- 9:00 am— 11:00 am
- Location: Wood shop
- Instructor: Howard Osborne
- Fee: \$50.00 paid to instructor
- Will create 3 — 4 wood projects in 6 weeks
- Materials needed will be determined 1st class meeting
- Sign up in senior center office

Basket weaving

- Tuesday
- Time: 10:00am-1:00pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursday
 - Time: 11:30am-12:30pm
 - Location: Room 302
 - Instructor: Angela Price
- Must have 8 for class to begin. Please sign up at office.

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

Please visit website for meeting times
Instructor: Claude Kelly
Website: www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

Clay (Throwing)

- Monday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds
- Sign up began December 9.
- Max 2 sign up per person
- Class will include un-instructed lab time on Tuesday’s (Jan 7– April 1) from 1-3 p.m. This lab time will be used for practice.

Clay (Intermediate Hand building)

- Wednesday
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; sign up began Dec. 9
- Max 2 sign-ups per person
- Pre-requisite must have taken beginning hand building.

Clogging - (Beginning)

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

WINTER 2014 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet

- Tuesday,
- 6 week class
- 12:30-1:30
- Instructor: Susan Egan
- \$25.00
- Must be right handed

Beginning Drawing

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell

Line Dance - Intermediate

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Tuesday
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Strength Training

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday, Wednesday & Friday
- Time: 1:00pm - 3:00pm
- Lynn View Branch Site

Ageless Grace

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

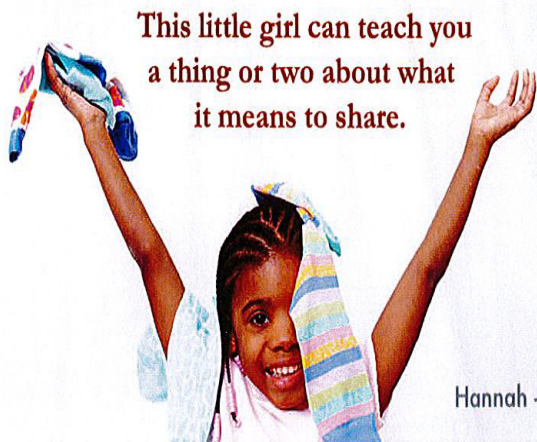
- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047.

Visit our website
www.kingsportseniorartisancenter.com
And like us on Facebook

<div data-bbox="108 475 677 615">  <p>Kingsport Adult Education</p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p>JOB SKILLS</p> <div data-bbox="124 1174 514 1442">  </div> <p><u>21ST CENTURY JOB SEEKING *NEW</u></p> <ul style="list-style-type: none"> • 8 weeks • Fee \$100 • Instructor: TBA • Wednesday 6:00pm - 8:00pm • Location: Computer Lab, Senior Center • Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview <p><u>2008 National Electric Code (Commercial)</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee: \$70 • Monday 6:00pm - 8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria <p><u>2008 National Electric Code (Residential) Begins 1/13/14</u></p> <ul style="list-style-type: none"> • 8 Weeks • Fee \$70 • Monday 6:00pm-8:00pm • Instructor: Chris Ferrell, Electrical Inspector • Location: Renaissance Center Cafeteria 	<p><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></p> <ul style="list-style-type: none"> • Part I • 10 Weeks • Fee: \$165 • Tuesday 6:00pm - 9:00pm • Instructor: Jim Dotson • Location: Multipurpose Room, Renaissance Center <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><u>CULTURAL/ARTS/CRAFTS</u></p> <p><u>Card Making Workshop</u></p> <ul style="list-style-type: none"> • Instructor: TBA • Fee: \$10/includes materials • Location: Lynn View Community Center <p>You will make five cards and take materials home to make five additional cards.</p> <p><u>Beginning Chinese Class</u></p> <p>Wednesdays 11 classes (Begins Jan 15) 4:00 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes (Begins Jan 16) 4:30 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>Intermediate Chinese Class</u></p> <p>Wednesdays 11 classes (Begins Jan 15) 5:15 P.M. Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><u>HEALTH/EXERCISE</u></p> <p><u>Personal Training with Chris</u></p> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as package • Contact Chris (423-741-5643) 	<p><u>Zumba Fitness</u></p> <ul style="list-style-type: none"> • 6 weeks (Begins Jan 16) • \$25 fee per session • Thursday, 5:15pm • Instructor: Becky Mills • Location: Lynn View Community Center, Cafeteria <div data-bbox="1352 749 1729 1087">   </div> <p><u>Piloxing</u></p> <ul style="list-style-type: none"> • Tuesday, 6:00pm (Begins Jan 14) • Instructor: Becky Mills • Limited to 15 participants • Location: Kingsport Renaissance Center • \$30.00 payable first night of class <p><u>DANCE CLASSES</u></p> <p><u>Beginning Line Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class (Begins Jan 16) • Fee: \$25 • Instructor: Lyna Faye McConnell • Thursday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Couples Dance</u></p> <ul style="list-style-type: none"> • 8 weeks class (Begins Jan 15) • Fee: \$25 or free if you take Line Dance class • Instructor: Lyna Faye McConnell • Wednesday, 6:30pm - 8:00pm • Location: Lynn View Community Center <p><u>Salsa Dance</u></p> <ul style="list-style-type: none"> • 4 weeks class (Begins January 14) • Fee: \$10 each class • Tuesday and Thursday • Time: 1:30pm • Room 302, Renaissance Center • Instructor: BJ Goliday <p>* Call for starting dates where not listed.</p>
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Hannah - Age 6

One cold Thanksgiving day, young Hannah Turner was helping her mother Doris serve dinner to the needy at Toledo's Cherry Street Mission. Suddenly, Doris felt a tug on her sweater. "Mommy, won't his feet be cold?" Hannah looked toward a man whose shoes had split open to reveal he wore no socks. Hannah's face reflected concern, so Doris, busy with the task at hand, tried to reassure her: "His shoes will keep his toes warm." Hannah — smart and big of heart — was unconvinced.

"Mommy, he can have my socks," she said.



The next day, Doris took Hannah to hand out socks to men, women and children around the city. They spoke to many volunteers, who each shared the same story: Shelters simply never have enough new socks. And that gave Hannah an idea.

"What if everyone we know gave us just ONE pair of socks? How many people could we help then?"

You Can Help Hannah Make a Difference

This compassion is the inspiration for Hannah's Socks, a non-profit that provides clothing essentials to the less fortunate in a growing number of communities.

Phone (419) 931-4757 or visit us online today to discover the many rewarding ways you can help.

www.hannahssocks.org



Hannah's Socks

warm feet ♦ warm hearts

Hannah's Sock Box

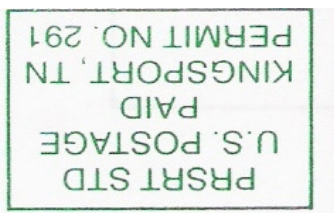
Please donate new socks and underwear in men's, women's and children's sizes for distribution to homeless and domestic-abuse shelters.

Located in front of the Senior Center Office and Lynn View Branch Site through January.



“I had a wonderful time at the Allandale Christmas party last evening .The food was out of this world! I was so impressed with all the rooms at Allandale. I have never been in the house but it was wonderful!”





**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

Candlelight Dinner

Tuesday, February 11, 2014

5:30p.m.-7:00p.m.

Room 310

Cost: \$12.00

Sign up January 2.

